March 17, 2025

LHIC Coalition and Work Group Members - Please see below for upcoming webinars and resources. We encourage you to consider participating and to share these opportunities within your network and others in the community. If you have programs or opportunities that you would like to submit, please send them via email to lhic@howardcountymd.gov.

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# LOCAL RESOURCES AND MEMBER ANNOUNCEMENTS

* LHIC Community Health Forums. Click [here](https://www.hclhic.org/) for more information and to register.
* The next Full LHIC Meeting is scheduled for April 17th, in-person and via Zoom. Click [here](https://www.eventbrite.com/e/2025-hclhic-full-coalition-meetings-tickets-1022732690007?aff=oddtdtcreator) to register.
* HC DrugFree Medications & Sharps Disposal Drive-thru Event. Click [here](https://hcdrugfree.org/drug-take-back-day-1/) to learn more.
* Howard Community College, in partnership with Howard County, is offering eligible Maryland residents a free Chromebook through Maryland's Connected Devices grant. Click [here](https://howardcc.teamdynamix.com/TDClient/66/Portal/KB/ArticleDet?ID=20665) for more information.
* Howard County Office of Children and Families has established The CARE Line. Click [here](https://www.howardcountymd.gov/children-families/care-line) to learn more.
* The latest episode from Howard County Health Department HoCo Podcast is now available. Click [here](https://hocohealth.podbean.com/) to listen.
* Age-Friendly Howard County Initiative. Click [here](https://www.youtube.com/watch?v=6cQe8fWZT8Y) to learn more.
* Maryland Poison Center. Click [here](https://www.mdpoison.com/) to learn more.
* Center for Children provides resources for young people with mental health support needs. [Link](https://www.center-for-children.org/).
* Find a Mental Health First Aid course or Instructor near you using the search tool below. [Link](https://www.mentalhealthfirstaid.org/take-a-course/find-a-course/).
* The Health Department's 2024 Annual Report is now available. Click [here](https://www.howardcountymd.gov/sites/default/files/2025-01/2024%20Annual%20Report%201.6.2025%20FINAL.pdf) to view.
* HoCo Community Chat is available on [BuzzSprout](https://www.howardcountymd.gov/HoCoCommunityChat) or wherever you download podcasts.
* Maternal and Child Health Survey Guide for Community Member. Click [here](https://redcap-phpa.health.maryland.gov/surveys/?s=3NY9T983C977LKEA) to learn more.
* Maryland Department of Health has launched myMDThink, an easy-to-use Benefits Screener. Click [here](https://mymdthink.maryland.gov/home/#/) to learn more.
* The Howard County Health Department (HCHD) offers free virtual training on the use of Narcan. Click [here](https://www.howardcountymd.gov/health/opioid-overdose-response-program) to learn more.
* Free RSV and Tdap vaccines available for pregnant women. Click [here](https://www.howardcountymd.gov/peace-project) to here to learn more or call 410-313-7540.

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# FUNDING OPPORTUNITIES

**Title:** Evidence for Action: Innovative Research to Advance Racial Equity

**Description:** Evidence for Action (E4A) prioritizes research to evaluate specific interventions (e.g., policies, programs, practices) that have the potential to counteract the harms of structural and systemic racism and improve health, well-being, and equity outcomes.

**Rolling applications**: Click [here](https://www.nccor.org/funding-opportunity/evidence-for-action-innovative-research-to-advance-racial-equity/) to learn more.

**Title:** Byrne State Crisis Intervention Program (Byrne SCIP/BSCI)

**Description:** Provides states with funding to implement firearm violence reduction strategies at the intersections of behavioral health and domestic violence including but not limited to state crisis intervention court proceedings and extreme risk protection orders (ERPO).

**Rolling applications**: **March 28, 2025.** Click [here](https://gocpp.maryland.gov/grants/programs/bsci/) to learn more.

**Title:** Local Food Purchase Assistance Cooperative Agreement Program

**Description:** The purpose of this program is to maintain and improve food and agricultural supply chain resiliency. The cooperative agreements allow the states, tribes and territories to procure and distribute local and regional foods and beverages that are healthy, nutritious, unique to their geographic areas and that meet the needs of the population. In addition to increasing local food consumption, the funds will help build and expand economic opportunities for local and underserved producers.

**Applications Deadline: April 30, 2025, at 5 pm**. Click [here](https://www.ams.usda.gov/selling-food-to-usda/lfpacap) for more information.

**Title:** Local Food for Schools and Child Care Cooperative Agreement Program

**Description:** The Agricultural Marketing Service (AMS) will enter into cooperative agreements with state governments for the purpose of purchasing local, unprocessed or minimally processed domestic foods from local producers, targeting historically underserved farmers/producers/fishers and small businesses including processors, aggregators, and distributors.

**Rolling applications**: **April 30, 2025.** Click [here](https://grants.gov/search-results-detail/357532?eType=EmailBlastContent&eId=77cda502-4d12-41b5-a7f8-085967ff185f) to learn more.

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# EVENTS, TRAININGS, WEBINARS, SELF-PACED COURSES, AND SUPPORT PROGRAMS

Events below may not be hosted or provided by HCLHIC. If you have any questions about

these events, please contact the event organizers directly.

##  HEALTHY BEGINNINGS

**Title:** National Alliance on Mental Illness (NAMI) Parent Support Group

**Description**: This is a group for parents and caregivers of children and teens with mental health concerns ages 5-18 years old. The Transition Age Youth (TAY) support group is for parents and caregivers of transition age youth with mental health concerns with a fluid age range of 16-26 years old. Free and held virtual via Zoom.

**Date and Time:** Second Monday of each month, at 7:30 pm. Register [here](https://namihowardcountymd.org/event/online-parent-support-group-2-2-2-2-2/2025-01-13/).

**Title**: Merriweather Teen Council

**Description**: Are you a Howard County teen, aged 13-19, eager to make a positive impact on your community? Join our Teen Council and help make a fun and safe space for your peers at Merriweather Post Pavilion!

**Date and Time**: First and Third Tuesday of each month, 4:30 – 6:00 pm via Zoom. Register [here](https://docs.google.com/forms/d/1JmjrLXU2LFRHZrbOt3WCHMzBs-dfdF3jV-Mun6atKfQ/viewform?edit_requested=true).

**Location**: Some meetings via Zoom, some meetings in-person: 10475 Little Patuxent Pkwy, Columbia, MD 21044.

**Title**: HC DrugFree - Free Life Skills Classes

**Description**: HC DrugFree will provide another series of *FUN*and interactive skills-based classes designed to promote positive health and personal development. This curriculum was designed for students in grades 6 to 9, but for slightly younger or older students, we will consider each request. We encourage siblings and friends to take these classes together.

**Date and Time**: March 17, 24, April 7, 28 and May 5, 2025, 5:00 – 6:30 pm via Zoom. Register [here](https://www.surveymonkey.com/r/Spring2025LifeSkills).

**Title**: My Gym Fitness Class

**Description**: My Gym has created an extraordinary fitness program devised to help children develop physically, cognitively and emotionally. Our structured, age-appropriate classes incorporate fitness, music, dance, puppets, relays, games, gymnastics, sports and other original activities. The children have fun as they exercise and gain strength, balance, coordination, agility, flexibility and social skills. The most important benefit we offer, however, is the building of confidence and self-esteem. A child who feels good about him/herself has a jumpstart on the path to becoming a healthy, well-adjusted young adult.

**Date and Time**: March 17, 2025, 2:00 pm – 2:45 pm. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/150521?onlineSiteId=0&from_original_cui=true).

**Title:** Potty Training Basics

**Description**: Join the Office of Children and Families for an engaging discussion about potty training basics for little ones. Gain insight from caregivers as they share what their potty-training journey has been like. Discover ways to make the transition to the potty fun and hassle free, while avoiding some of the pitfalls that can arise when trying to potty train little ones.

**Date and Time:** March 18, 2025, 12:00 pm. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/148079?onlineSiteId=0&from_original_cui=true).

**Title:** Alcohol Use in Pregnancy and Fetal Alcohol Spectrum Disorder (FASD)

**Description**: Define fetal alcohol spectrum disorder (FASD), incidence/prevalence of FASDs and their societal impact. Discuss patterns of alcohol consumption among pregnant people. Identify effective screening and brief intervention methods. Discuss the impact of stigma and trauma on the management of pregnant people who use alcohol.

**Date and Time:** March 18, 2025, 12:00 pm. Register [here](https://macs.oasis-lms.com/Public/Catalog/Details.aspx?id=g5hMtS8Gzk9gNRBRnxxxUQ%3d%3d).

**Title:** Screen Time Dilemmas! What's A Parent to Do?!

**Description**: Screen time presents one of the biggest challenges for family life. With technology an important and ever-growing influence in our lives, how can parents navigate these tricky issues with their children? Dive into this discussion to better meet these challenges.

**Date and Time:** March 19, 2025, 7:00 pm – 8:30 pm. Register [here](https://www.mapwisdom.com/booking-calendar/screen-time-dilemmas?referral=service_list_widget).

**Title:** Trauma, Resilience, and Supporting Kids’ Mental Health

**Description** Trauma, Resilience, and Supporting Kids’ Mental Health Through transformative learning experiences, this workshop aims to empower individuals who guide and nurture children by equipping them with practical and powerful skills to shape resilient minds and unlock their full potential. Lunch and snacks will be served.

**Date and Time:** March 20, 2025, 9:00 am – 4:00 pm.

**Location**: Bain 50+ Center, 5470 Ruth Keeton Way Columbia, MD 21044. Register [here](https://www.signupgenius.com/go/20F054AACAF2FA4FB6-54116395-trauma#/)

**Title:** Infant Discovery Play

**Description**: Join for a morning of tummy time and sensory activities for infants 0–12 months. Babies will explore simple, engaging activities that promote physical and cognitive development, while parents learn ways to continue the fun and growth at home!

**Date and Time:** March 26, 2025, 10:00 am – 11:00 am. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/150359?onlineSiteId=0&from_original_cui=true).

**Title:** Dad’s Morning Meetup

**Description**: The Family Support Center invites fathers and male caregivers to join us for a morning breakfast and playgroup! Bring your children, enjoy a bite to eat, connect with other dads, and let your little ones have fun playing in our center. It’s a relaxed, welcoming space to bond and share experiences with fellow fathers!

**Date and Time:** March 27, 2025, 9:00 am – 10:00 am. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/150356?onlineSiteId=0&from_original_cui=true).

**Title:** Supporting Young Children with Trauma

**Description**: Discuss what trauma is, what causes it, and its potential effects on a child's brain and learning. Explore how relationships between parents, caregivers and children are critical to promote healing, and how to help your children cope and recover from traumatic events.

**Date and Time:** March 27, 2025 6:30 pm. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/151029?onlineSiteId=0&from_original_cui=true).

**Title:** The Latina Birth Workers Panel: Voices in Maternal Health

**Description**: A dynamic panel of Latina birth workers - nurses, doctors, doulas, and community health workers - discussing challenges, advocacy, and culturally responsive maternal care.

**Date and Time:** April 1, 2025 6:00 pm. Register [here](https://us06web.zoom.us/meeting/register/pbxwOorcSjK0OKUzSRPRJQ#/registration).

**Title**: Diaper Giveaway

**Description**: The Howard County Health Department Perinatal Equity and Care for Everyone (P.E.A.C.E.) Project continues hosting Diaper Giveaway Days. Walk-ins only. No registration required. First come, first served!

**Date and Time**: April 1, 2025, 10:30 am - 12:30 pm

**Location**: 9411 Whiskey Bottom Rd., Laurel, MD 20723

**Title**: Vaccines for School Attendance: How to Talk So Parents Will Listen

**Description**: Join Alliance for a Healthier Generation as we host a special conversation highlighting the important role schools, particularly school nurses, play in health communication, and opportunities for public health organizations, practitioners, and school leaders to encourage uptake of routine child vaccinations.

**Date and Time**: April 2, 2025, 2:00 pm. Register [here](https://www.healthiergeneration.org/app/resources/trainings-virtual/39?utm_source=delivra&utm_medium=email&utm_campaign=Webinar_4_2_25_Vaccines%20for%20School%20Attendance%20How%20to%20Talk%20So%20Parents&utm_id=8618318).

**Title**: Parents as Peacemakers: Turning Family Challenges into Opportunities

**Description**: Blended families are full of love, complexity and transformation. In this workshop, parents will explore practical tools to create family agreements, practice active listening, and guide restorative conversations. Learn how to transform everyday tensions into moments of growth, trust, and belonging.

**Date and Time**: April 3, 2025, 7:00 pm. Register [here](https://anc.apm.activecommunities.com/howardcounty/activity/search/detail/148082?onlineSiteId=0&from_original_cui=true).

**Title**: 2025 Children's Discovery Fair: Wiggle, Learn & Grow

**Description**: Celebrate Howard County’s Month of the Young Child at the 2025 Children's Discovery Fair. Bring your child(ren) ages 3 to 5 on the path to kindergarten readiness to explore the wonders of learning while engaging in free hands-on, education- themed activities, interactive games, crafts, stories and movement exercises together. Admission and parking are free.

**Date and Time**: April 5, 2025, 10:00 am - 1:00 pm. Register [here](https://www.eventbrite.com/e/2025-childrens-discovery-fair-wiggle-learn-grow-tickets-1152821162129?aff=oddtdtcreator).

**Location**: East Columbia 50+ Center, 6610 Cradlerock Way Columbia, MD 21045.

**Title**: 2025 Black Maternal Health Week Event - Honoring Black Motherhood: Healing, Advocacy, and Unity for Change

**Description:** Join this powerful conversation and learn how you can be involved in advocacy. You also will have the chance to participate in raffle prizes, giveaways, and lunch (registration required for lunch). Breakout Sessions will focus on Advocacy Support for Fathers and Advocacy Support for Spanish Speakers. Bring your village: Partners and support people welcome! Registration is strongly encouraged!

**Date and Time**: April 26, 2025, 11:00 am - 2:30 pm. Register [here](https://www.eventbrite.com/e/honoring-black-motherhood-healing-advocacy-and-unity-for-change-tickets-1262476413939?aff=oddtdtcreator).

**Location**: Miller Branch Library, 9421 Frederick Road Ellicott City, MD 21042

# HEALTHY LIVING

**Title:** Walking Group

**Description:** Join Debbie Goldstein in a walking group to promote improved activity level and a sense of well-being. For cancer patients/survivors and their caregivers. Meet at the bear statue in front of Whole Foods in Columbia.

**Date and Time:** Multiple sessions and dates available.Click [here](https://www.signupgenius.com/go/9040C4CABA929A3FF2-53437309-december#/) to learn more.

**Title:** Intergenerational Focus: Grand Connections Series

**Description** Make the most of your time with your grandchild! Join OCF's free Grand Connections Series to connect with other grandparents, share tips and explore the unique bond between grandparents and grandchildren.

**Date and Time**: Saturdays, March 15 & 22, 10:00 - 11:30 am. Click [here](https://files.constantcontact.com/ee5927fe501/f4ac9909-c159-46e2-ae5d-d245fa9c2e73.pdf?rdr=true_gl=1*b743hq*_ga*NDgzMDM3MjQwLjE3NDA3NzA0NTM.*_ga_14T5LGLSQ3*MTc0MDc3MDQ1Mi4xLjEuMTc0MDc3MTA3OS41Ni4wLjA.) to learn more.

**Title:** Living Well with Diabetes: Toolkit

**Description**: Johns Hopkins Howard County Medical Center is hosting Living Well with Diabetes classes. These classes offer support, self-management skills, and education for those living with diabetes and their caregivers and partners. Includes free virtual classes and materials, including a workbook and other resources to help you manage your health.

**Date and Time:** Mondays, March 24 - April 28, 2025. 12:00 - 12:30 pm. Click [here](https://living-well-with-diabetes-toolkit-spxgf.events.hcgh.hopkinsmedicine.org/) to register.

**Title:** Cancer Self-Management Program

**Description**: Johns Hopkins Howard County Medical Center is hosting a free, 6-week program, to share experiences and identify solutions and tools for solving problems and creating a supportive environment. Support people, family members, and caregivers are also welcome to attend.

**Date and Time:** Fridays, March 28 - May 9, 2025. 10 am - 12:30 pm, In-Person and Virtual. Click [here](https://cancerselfmanagement.events.hcgh.hopkinsmedicine.org/) to register.

**Title:** Age-Friendly Community Listening Sessions

**Description:** Join Age-Friendly and Office at the Howard County Office on Aging and Independence staff at a community listening session to share your thoughts, concerns, ideas and experiences to shape a more Age-Friendly Howard County! All are welcome; registration is recommended but not required.

**Date and Time**: Multiple sessions and dates available.Click [here](https://anc.apm.activecommunities.com/howardcounty/activity/search?onlineSiteId=0&activity_select_param=2&date_after=2025-01-09&activity_keyword=listening%20session&viewMode=list) to learn more.

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# HEALTHY MINDS

**Title:** Stress Less for your Workday

**Description**: Are you feeling stressed from work? This class will give you the tools and resources to take charge of your time and feel less stressed during the workday. You’ll learn strategies to reduce work stress, tips for organizing and prioritizing, and strategies for better work-life integration.

**Date and Time:** Wednesday, March 19, 2025. 11:30 am – 12:00 pm. Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/stress-less-for-your-workday/) to register.

**Title:** Stress Less for your Workday

**Description**: Are you feeling stressed from work? This class will give you the tools and resources to take charge of your time and feel less stressed during the workday. You’ll learn strategies to reduce work stress, tips for organizing and prioritizing, and strategies for better work-life integration.

**Date and Time:** Wednesday, March 19, 2025. 11:30 am – 12:00 pm. Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/stress-less-for-your-workday/) to register.

**Title:** Adult Mental Health First Aid Online Training (Cohort #4)

**Description**: Africans for Mental Health (AFMH), in partnership with Sheppard Prattare pleased to announce Adult Mental Health First Aid Trainings as part of their AFMH Behavioral Health Education and Team Conquerors Programs.

**Date and Time:** Tuesday, April 8 and Wednesday, April 9, 2025, 12 pm -3 pm. Click [here](https://africansformentalhealth.org/trainings) for more information.

**Title:** Caregiving Basics: Dementia and More

**Description**: This workshop provides the essential skills and knowledge needed for caregivers to effectively care for those facing health challenges. You will learn how to perform personal care tasks with dignity and cope with emotional concerns, practice effective communication and ensure safety, understand medical conditions and recognize early warning sign, access local resources and respond to an emergency, maintain self-care for the caregiver’s health and well-being.

**Date and Time:** Wednesday, April 9, 2025. 12:30 pm – 1:00 pm. Click [here](https://www.ppmco.org/get-free-support/health-wellness-classes/caregiving-basics-dementia-and-more/) to register.

**Title:** ReIMAGINE the Rainbow Event

**Description**: All students, staff, parents, and community members are invited to join us for an evening of advocacy. Headlining the evening will be Ellen Oh ([author](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.ellenoh.com%2F&data=05%7C02%7Ckfoster%40howardcountymd.gov%7C2c51e45745df4506d63f08dd5c06c23f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638767906272997670%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=2VhCBtOp1QwpOHZP179MyNV7G8jZ0GAM9CM8CAX1HRs%3D&reserved=0) and founder of [We Need Diverse Books](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fdiversebooks.org%2F&data=05%7C02%7Ckfoster%40howardcountymd.gov%7C2c51e45745df4506d63f08dd5c06c23f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638767906273011407%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=bWcaVxvThMrIt7GC1KSAREcJ2xHchC%2FX6mFjYqC5UKE%3D&reserved=0)) and Phil Bilder ([author](https://gcc02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fphilbildner.com%2F&data=05%7C02%7Ckfoster%40howardcountymd.gov%7C2c51e45745df4506d63f08dd5c06c23f%7C0538130803664bb7a95b95304bd11a58%7C1%7C0%7C638767906273023427%7CUnknown%7CTWFpbGZsb3d8eyJFbXB0eU1hcGkiOnRydWUsIlYiOiIwLjAuMDAwMCIsIlAiOiJXaW4zMiIsIkFOIjoiTWFpbCIsIldUIjoyfQ%3D%3D%7C0%7C%7C%7C&sdata=glmyCE1Ryr2SMe8CXt49GHcSsw65fJj%2B2WzfPYSvNIo%3D&reserved=0)). Following the keynote session, participants will have the opportunity to select from 14 different sessions to attend in two consecutive time blocks. Sessions are informational, interactive, and in some cases, hands-on. Childcare will be provided for students in grades K-5. While this event is FREE, all participants must register.

**Date and Time:** Friday, April 25 from 5:00PM - 9:15PM. Click [here](https://docs.google.com/forms/d/e/1FAIpQLScT4Ughd7IdoM-hcjj1tpVL-F5MM54tMPgFenpQ0MIZ0Mxjxw/viewform) to register.

**Title:** National Alliance on Mental Illness (NAMI) Family Support Group

**Description**: NAMI Family Support Groups are free, confidential and safe groups of families helping other families who live with mental health challenges by utilizing their collective lived experiences and learning group wisdom. Groups meet weekly, every other week or monthly, depending on location. Free and held virtual via Zoom.

**Date and Time:** (**In-person:** Owen Brown Interfaith Center, Room 180)Second Tuesday of each month, at 7:30 pm. Register [here](https://namihowardcountymd.org/event/new-in-person-family-support-group-2-2-2/2025-01-14/). **(Virtual)** Third Friday of each month at 7:30 pm. Register [here](https://namihowardcountymd.org/event/family-support-group-3rd-fridays-online/2025-01-17/).

**Title:** NAMI Connection Support Group

**Description:** Apeer-led group for any adult (18+ years old) who has experienced symptoms of mental health condition. You will gain insight from hearing the challenges and successes of others, and the groups are led by trained leaders who've been there.

**Date and Time**: Second and Fourth Monday of each month, 6:30 pm. Click [here](https://namihowardcountymd.org/event/online-connection-support-group-2nd-mondays-2-2/2025-01-13/) to register.

# OTHER RESOURCES/RESEARCH/ARTICLES/UPDATES

## Healthy Beginnings

* Resource: PBS Kids - Helping Kids Cope with Crisis. [Link](https://ppmd.app.box.com/s/d7viivefbh8a09kr10caatnwipx6h2cl).
* Webinar: Weitzman ECHO Childhood Trauma for Integrated Primary Care 2025. [Link](https://education.weitzmaninstitute.org/content/weitzman-echo-childhood-trauma-integrated-primary-care-2025?mc_cid=d50c5890a5&mc_eid=e292b42519#group-tabs-node-course-default5).
* Webinar: Vaccines for School Attendance: How to Talk So Parents Will Listen. [Link](https://www.healthiergeneration.org/app/resources/trainings-virtual/39?utm_source=delivra&utm_medium=email&utm_campaign=Webinar_4_2_25_Vaccines%20for%20School%20Attendance%20How%20to%20Talk%20So%20Parents&utm_id=8618318).
* Resource: New Toolkit Empowers Healthcare Providers with Evidence-Based Strategies for Childhood Obesity Prevention and Treatment. [Link](https://www.nccor.org/nccor_enewsletters/march-2025/#pub3).
* Webinar: Building a Caring and Connected School Community: Creating a Caring Environment. [Link](https://www.healthiergeneration.org/app/resources/trainings-virtual/33?utm_source=delivra&utm_medium=email&utm_campaign=Learning%20Line-Up_March&utm_id=8589779).
* Webinar: Building a Successful Out-of-School Time Program with The Walking Classroom. [Link](https://us06web.zoom.us/webinar/register/WN_qAtoQVB7QcWN5oSr44K_Cg?utm&utm_source=delivra&utm_medium=email&utm_campaign=Learning%20Line-Up_March&utm_id=8589779#/registration).
* Article: US Infant Formulas Contain Primarily Added Sugars: An Analysis of Infant Formulas on the US Market. [Link](https://www.nccor.org/nccor_enewsletters/march-2025/#news1).
* Webinar: Learn the Signs. Act Early. [Link](https://us02web.zoom.us/meeting/register/SmRuhpCkQOW5PpD49tWd8g#/registration).
* Webinar: How to Implement Classroom-Based Calming Spaces. [Link](https://www.healthiergeneration.org/app/account/login).
* Survey: Maryland Department of Heath Maternal and Child Health Survey for Community Member. [Link](https://redcap-phpa.health.maryland.gov/surveys/?s=3NY9T983C977LKEA).
* Webinar: Children’s Mental Health Webinar Series with Children’s National Hospital and CareFirst BlueCross BlueShield. [Link](https://childrensnational.zoom.us/webinar/register/WN_vvkNMdapQriWg5uOxQAexw#/registration).
* Article: Responsible research in health disparities using the Adolescent Brain Cognitive DevelopmentSM (ABCD) study. [Link](https://pubmed.ncbi.nlm.nih.gov/39724816/).
* Resource: Support physical, social, and emotional well-being for kids and adults by incorporating each of these areas into your daily routine. [Link](https://www.healthiergeneration.org/app/resources/245?utm_source=delivra&utm_medium=email&utm_campaign=FamilyNewsletter_Jan2025&utm_id=8362935).
* Article: Center for Disease Control (CDC) – Nicotine Pouches were the second most commonly used tobacco product among youth. [Link](https://www.cdc.gov/tobacco/nicotine-pouches/index.html).
* Resource: Strengthen relationships and support cooperation with kids and teens with this simple guide. [Link](https://www.healthiergeneration.org/app/resources/712).
* Training: Check out this 10-minute microlearning for quick and simple ways for your family to prioritize play and physical activity year-round. [Link](https://www.healthiergeneration.org/app/resources/microlearnings/3?utm_source=delivra&utm_medium=email&utm_campaign=FamilyNewsletter_Jan2025&utm_id=8362935).
* Resource: Every child is born with his own individual way of approaching the world — a temperament. [Link](https://www.zerotothree.org/resource/tips-on-temperament/).
* Article: Agency for Healthcare Research and Quality (AHRQ) Stats: Trends in Severe Maternal Morbidity. [Link](https://hcup-us.ahrq.gov/reports/statbriefs/HCUP-SB312-508.pdf).
* Resource: New Youth Preparedness Toolkit. [Link](https://www.hclhic.org/home/meeting/2024?cateId=366).
* Resource: Review free text messages on activities to help boost your child’s learning and brain development. [Link](https://partners.mybliss.ai/basics-insights/HCOOCAF1692).
* Resources: Howard County Family Support Center (FSC). Click [here](https://www.howardcountymd.gov/family-support-center) for learn more.

## Healthy Living

* Award: Apply for America's Healthiest Schools. [Link](https://www.healthiergeneration.org/take-action/schools/awards/how-to-apply?utm_source=delivra&utm_medium=email&utm_campaign=AHS_2025_NFA_Dedicated&utm_id=8583756).
* Training: Neurobiological Insights on Stress to Foster Resilience Across the Lifespan: A Workshop. [Link](https://events.nationalacademies.org/43074_03-2025_applying-neurobiological-insights-on-stress-to-foster-resilience-across-the-lifespan?utm_source=HMD+Email+List&utm_campaign=f6362f5ba5-EMAIL_CAMPAIGN_2024_11_21_08_33_COPY_01&utm_medium=email&utm_term=0_-cff0db5fe1-180878116&mc_cid=f6362f5ba5&mc_eid=c6e469f632).
* Governor Moore Announces Expanded Access to More Affordable Prescription Drugs Through Innovative Partnership with SIRUM and Good Pill Pharmacy. [Link](https://governor.maryland.gov/news/press/pages/governor-moore-announces-expanded-access-to-more-affordable-prescription-drugs-through-innovative-partnership-with-sirum-an.aspx).
* Webinar: Food As Medicine: Promises and Pitfalls In An Evolving Landscape. [Link](https://ific-org.zoom.us/webinar/register/WN_dUlsJk5oQ-usWrtzKoe-Zg#/registration).
* Article: Food is Medicine 101: Translating Evidence to Action. [Link](https://universitycollege.tufts.edu/courses/browse/food-medicine-101-translating-evidence-action).
* Webinar: Women’s Health Research Funding at NIH: Gaps and Opportunities. [Link](https://events.nationalacademies.org/44561_03-2025_womens-health-research-funding-at-nih-gaps-and-opportunities-a-webinar?utm_source=HMD+Email+List&utm_campaign=a92ec811e0-EMAIL_CAMPAIGN_2025_01_27_05_56_COPY_01&utm_medium=email&utm_term=0_-ae140ed276-180878116&mc_cid=a92ec811e0&mc_eid=c6e469f632).
* Resource: Maryland State Department of Disabilities 3D Printing: AT Fabrication Program. [Link](https://mdod.maryland.gov/mdtap/Pages/3D-Printing.aspx).
* Article: Unveiling inequalities: Racial, ethnic, and socioeconomic disparities in diabetes: Findings from the 2007-2020 National Health and Nutrition Examination Survey

(NHANES) data among U.S. adults. [Link](https://www.sciencedirect.com/science/article/pii/S2211335524003723?utm_medium=email&utm_source=govdelivery#s0005).

* Resource: State-by-state fact sheets on proposed cuts to SNAP. [Link](https://frac.org/research/resource-library/snap-state-fact-sheets?eType=EmailBlastContent&eId=eef4d130-bb35-404a-9b7c-7e7000fff254).
* Resource: FDA OKs Tandem Diabetes’ Control-IQ+ Algorithm for Type 2 Diabetes. [Link](https://www.mpo-mag.com/breaking-news/fda-oks-tandem-diabetes-control-iq-algorithm-for-type-2-diabetes/).
* Webinar: Transforming Care to Advance Health Equity. [Link](https://uchicago.zoom.us/meeting/register/tJIscOuuqzIjHNeHdVfi0-cBJaaHe73407FA?utm_source=CHCS+Email+Updates&utm_campaign=cb3303fc0d-CHCS+Monthly+Update+February_2%2F27%2F2025&utm_medium=email&utm_term=0_-cb3303fc0d-493510513#/registration).
* Resource: The Walking Classroom - an evidence-based, award-winning program that gets kids up and walk while listening to fun, standard-aligned educational podcasts. [Link](https://www.thewalkingclassroom.org/our-program/?utm_source=delivra&utm_medium=email&utm_campaign=AHS_2025_PEPA_Dedicated_&utm_id=8554980).
* Award: Apply for the List of America’s Healthiest Schools in 2025. [Link](https://www.healthiergeneration.org/take-action/schools/awards/how-to-apply?utm_source=delivra&utm_medium=email&utm_campaign=AHS_2025_PEPA_Dedicated_&utm_id=8554980).
* Webinar: National Academies of Sciences, Engineering, and Medicine Standing Committee on Primary Care. [Link](https://www.nationalacademies.org/event/44493_03-2025_standing-committee-on-primary-care-march-open-meeting?utm_source=HMD+Email+List&utm_campaign=2bc28669ca-EMAIL_CAMPAIGN_2025_02_13_11_55&utm_medium=email&utm_term=0_-2bc28669ca-180878116&mc_cid=2bc28669ca&mc_eid=c6e469f632).
* Webinar: Caffeinated Beverage Intakes in the US: Sources, Health Effects, and Consumption Patterns Across Age Groups. [Link](https://iafns.org/event/caffeinated-beverages-in-the-us-sources-health-effects-and-consumption-patterns-across-age-groups/).
* Webinar: A Deep Dive into the Community Eligibility Provision. [Link](https://us02web.zoom.us/webinar/register/WN_3CbJxRVcQlG2Can0Zp1Q6w?eType=EmailBlastContent&eId=9b5493aa-5f33-4859-b482-d6b194e70edf#/registration).
* Resource: Healthy for Good™ eModule: Six Core Elements of a Healthy Dietary Pattern. [Link](https://education.heart.org/productdetails/healthy-for-good).
* Resource: International Food Information Council Dietary Fats Toolkit. [Link](https://foodinsight.org/dietary-fats-toolkit/).
* Resource: World Cancer Research Fund International New Policy Blueprint for Cancer Prevention. [Link](https://us8.forward-to-friend.com/forward/show?u=61881cc07a526eec912bffa9f&id=4ae897e67a).
* Workshop: National Academies of Science, Math, Engineering, and Medicine (NASEM), Addressing the Impact of Tobacco and Alcohol Use on Cancer-Related Health Outcomes. [Link](https://www.nationalacademies.org/event/43170_03-2025_addressing-the-impact-of-tobacco-and-alcohol-use-on-cancer-related-health-outcomes-a-workshop?utm_source=HMD+Email+List&utm_campaign=f9471f9320-EMAIL_CAMPAIGN_2024_11_20_03_28&utm_medium=email&utm_term=0_-f9471f9320-180878116&mc_cid=f9471f9320&mc_eid=c6e469f632).
* Webinar: US Food and Drug Administration (FDA) Updated “Healthy” Claim. [Link](https://www.fda.gov/food/hfp-constituent-updates/fda-hold-webinar-updated-healthy-claim?utm_medium=email&utm_source=govdelivery).
* Webinar: National Coalition for Week Without Driving 2025 Meetings. [Link](https://us06web.zoom.us/meeting/register/4OJi2PyBRLS26ynSWvddsA?utm_source=America+Walks&utm_campaign=0dce404a48-January+Newsletter+2025&utm_medium=email&utm_term=0_f2013291e9-0dce404a48-746201454#/registration).
* Resource: Save time and money while planning healthy meals at home. [Link](https://www.healthiergeneration.org/app/resources/372).
* Webinar: Transforming Care to Advance Health Equity. [Link](https://uchicago.zoom.us/meeting/register/tJIscOuuqzIjHNeHdVfi0-cBJaaHe73407FA?utm_source=CHCS+Email+Updates&utm_campaign=cb3303fc0d-CHCS+Monthly+Update+February_2%2F27%2F2025&utm_medium=email&utm_term=0_-cb3303fc0d-493510513#/registration).
* Resource: American Heart Association, Healthy Food and Beverage Toolkit. [Link](https://www.heart.org/en/about-us/-/media/Healthy-Living-Files/Foodscape/Healthy_Workplace_Food_and_Beverage_Toolkit.pdf).

## Healthy Minds

* Resource: Maryland Center of Excellence on Problem Gambling Awareness Toolkit for Community Health Organizations, Providers, and Preventionists. Click [here](https://files.constantcontact.com/0101ff14301/5dcccc36-4f48-498c-9adf-a966c83aa117.pdf?rdr=true) to download.
* Event: Maryland Tobacco Control Resource Center (TCRC) 19th Annual Best Practices Conference. [Link](https://www.eventbrite.com/e/19th-annual-md-tobacco-control-resource-center-best-practices-conference-tickets-1228266481109?aff=oddtdtcreator).
* Webinar: Understanding Adult ADHD: Impact, Diagnosis, Treatment. [Link](https://events.nationalacademies.org/44591_03-2025_understanding-adult-adhd-impact-diagnosis-treatment?utm_source=HMD+Email+List&utm_campaign=4a9332a596-EMAIL_CAMPAIGN_2025_03_03_06_26_COPY_01&utm_medium=email&utm_term=0_-49c4e0ea8e-180878116&mc_cid=4a9332a596&mc_eid=c6e469f632).
* Study: Vaping Does Not Help U.S. Tobacco Smokers Quit. [Link](https://today.ucsd.edu/story/study-vaping-does-not-help-u.s-tobacco-smokers-quit).
* Event: 2025 Weitzman Virtual Symposium Registration Open. [Link](https://chc1.iad1.qualtrics.com/jfe/form/SV_1Hz9ly0xSxuh30O?mc_cid=ea05c30dfa&mc_eid=e292b42519).
* Webinar: Examining Traumatic Brain Injury as a Chronic Condition. [Link](https://events.nationalacademies.org/44302_03-2025_examining-traumatic-brain-injury-as-a-chronic-condition-a-workshop?utm_source=HMD+Email+List&utm_campaign=59bd9112b2-EMAIL_CAMPAIGN_2025_01_08_08_25_COPY_01&utm_medium=email&utm_term=0_-d6d5bddc03-180878116&mc_cid=59bd9112b2&mc_eid=c6e469f632).
* Article: Mental illness stigma in Black, Latina/o, and Asian Americans. [Link](https://pubmed.ncbi.nlm.nih.gov/39695056/).
* Resource: Advising People on Using 988 Versus 911: Practical Approaches for Healthcare Providers. [Link](https://www.samhsa.gov/resource/ebp/advising-people-using-988-versus-911-practical-approaches-healthcare-providers?utm_campaign=fyi_newsletter&utm_medium=email&utm_source=govdelivery).
* Article: New Central Maryland Regional Veterans Treatment Court launches to expand services to veterans. [Link](https://www.mdcourts.gov/media/news/2024/pr20241112).
* Webinar: Cultivating Community Hubs for Social Connection. [Link](https://us02web.zoom.us/webinar/register/WN_fMFkoRLwRSigo9jEiBVTTw#/registration).
* Article: Primary Care Can Play Key Role in Suicide Prevention. [Link](https://www.nimh.nih.gov/news/science-news/2024/primary-care-can-play-key-role-in-suicide-prevention).
* Article: Centering Lived Experience in Developing Behavioral Health Quality Measures. [Link](https://www.chcs.org/resource/what-we-measure-matters-centering-lived-experience-in-developing-behavioral-health-quality-measures/#:~:text=Partnering%20with%20people%20with%20lived,program%20design%2C%20and%20quality%20measures.).
* Training: FREE Narcan Training. [Link](https://www.howardcountymd.gov/health/opioid-overdose-response-program).
* Article: Preventing and Treating Dementia: Research Priorities to Accelerate Progress. [Link](https://www.nationalacademies.org/our-work/research-priorities-for-preventing-and-treating-alzheimers-disease-and-related-dementias?utm_source=HMD+Email+List&utm_campaign=11e6862975-EMAIL_CAMPAIGN_2024_12_16_07_30&utm_medium=email&utm_term=0_-11e6862975-180878116&mc_cid=11e6862975&mc_eid=c6e469f632#sl-three-columns-ce213930-7b22-4cef-8be2-64ddec07ef4e).
* Article: Understanding and addressing mental health challenges of families admitted to the neonatal intensive care unit. [Link](https://pubmed.ncbi.nlm.nih.gov/39643695/).
* Article: Perceived neighborhood social environment and adolescent depressive symptoms: Insights from the Add Health. [Link](https://www.liebertpub.com/doi/10.1089/heq.2024.0100?utm_medium=email&utm_source=govdelivery).
* Video: Suicide Prevention and Understanding Grief. [Link](https://vimeo.com/880700760?share=copy).
* Resource: Make an appointment in one of the Care Talks at 50+ Centers. [Link](https://anc.apm.activecommunities.com/howardcounty/activity/search?activity_select_param=2&date_after=2024-11-19&activity_keyword=care%20talk&viewMode=list).
* Resource: Medicaid Health-Related Social Needs Resource Center. [Link](https://www.chcs.org/resource-center/meeting-health-related-social-needs-through-medicaid/?utm_source=CHCS+Email+Updates&utm_campaign=35a8994a79-KP+HRSN+Resource+Library_01%2F14%2F25&utm_medium=email&utm_term=0_-35a8994a79-493510513).
* Article: Governor Moore Announces Dramatic Decrease in Fatal Overdoses in Maryland in 2024. [Link](https://governor.maryland.gov/news/press/pages/governor-moore-announces-dramatic-decrease-in-fatal-overdoses-in-maryland-in-2024.aspx).
* Webinar: The Invisible Backpack: Trauma-Informed Approaches for Educators. [Link](https://www.healthiergeneration.org/app/account/login).